

Weight Management Plans, Our Expectations, Our Lifestyles

Body weight is not merely anatomical or physiological, but a reflection of our lives and the effects of activity level, stress, life-style, and eating habits. There is no quick fix for losing weight permanently. Permanent weight management is about more than just the food we eat; rather, it includes what, why, how, and when we eat.

Any weight loss management plan, as long as the program is consistently followed, will result in weight reduction. The ultimate question is which plan best matches your lifestyle and desired outcomes, as well as your inclination to stay with the program.

The Food Guide Pyramid is the United States Department of Agriculture recommendation for daily nutritional intake. With the recent onslaught of popular weight management plans hitting the market, the NASA Office of Health and Medical Systems has published this brochure to help increase awareness and knowledge among NASA employees of important factors related to these plans. Eight of the more popular plans have been selected to represent the wide spectrum of approaches toward weight management. They are pre-sented here as a comparison to the Federal Government recommendations for maintaining a healthy daily nutritional intake.

Internet Resources

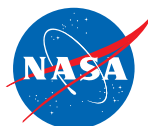
NASA Occupational Health • <http://ohp.nasa.gov>
 American Diabetes Assoc. • www.diabetes.org
 American Dietetic Assoc. • www.eatright.org
 American Heart Assoc. • www.americanheart.org
 CDC • www.cdc.gov/nccdphp/dnpa/obesity
 Harvard School of Public Health • www.hsph.harvard.edu/nutritionsource
 Mayo Clinic • www.mayoclinic.com
 National Heart, Lung and Blood Institute • www.nhlbi.nih.gov/health/
 USDA, Center for Nutrition Policy & Promotion • www.usda.gov/cnpp

Food Elements and Their Sources

Types	Sources	Risk/Benefit
Fats		
Mono-unsaturated	Olive, canola and peanut oil	Lowers cholesterol
Poly-unsaturated	Corn, safflower, sunflower, soybean oil	Lowers cholesterol
Saturated	Meat, dairy products made from whole milk, coconut and palm oil	Increases cholesterol and risk of cancer and heart disease
Trans Fatty acids	Hydrogenated vegetable oils	Increases cholesterol
Carbohydrates		
Fiber	Fruits, vegetables, whole grains, legumes, beans and lentils	Helps you feel full, helps to control blood sugar and cholesterol, cancer preventative
Complex	Whole grain flour, breads, pasta, cereals and brown rice	Good source of fiber, slowly increases blood sugar
Refined or simple	White flour, white bread, refined cereal, juices and sugar	Not a fiber source, quickly increases blood sugar
Protein		
	Meat, poultry, fish, dry beans and nuts	Source of essential amino acids

Office of the Chief Health and Medical Officer

Occupational Health Support Office
 Mailcode: DYN-4
 Kennedy Space Center, FL 32899
 Phone (321) 867-3646
 Fax (321) 867-8457
<http://ohp.nasa.gov>



This brochure is intended as an educational document. NASA does not endorse any of the identified weight management plans. For detailed information about each of the mentioned plans, please refer to their appropriate source and consult your health care team. (29 September 2004)

Weight Management Plans as Compared to the U.S.D.A. Food Guide Pyramid



What counts as a serving?

Bread, Cereal, Rice, & Pasta

1 slice of bread	1 ounce of ready-to-eat cereal	1/2 cup of cooked cereal, rice, or pasta
------------------	--------------------------------	--

Vegetable

1 cup of raw leafy vegetables	1/2 cup of other vegetables, cooked or chopped raw	3/4 cup of vegetable juice
-------------------------------	--	----------------------------

Fruit

1 medium apple, banana, orange	1/2 cup of chopped, cooked, or canned fruit	3/4 cup of fruit juice
--------------------------------	---	------------------------

Milk, Yogurt, and Cheese

1 cup of milk or yogurt	1-1/2 ounces of natural cheese	2 ounces of process cheese
-------------------------	--------------------------------	----------------------------

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

2-3 ounces of cooked lean meat, poultry, or fish	1/2 cup of cooked dry beans or 1 egg counts as 1 ounce of lean meat. 2 tablespoons of peanut butter or 1/3 cup of nuts count as 1 ounce of meat.
--	---

	Food Guide Pyramid	Weight Watchers	Jenny Craig	Dean Ornish	Sugar Busters	South Beach	NutriSystem	Atkins	The Zone
Key Elements	Federal Guide	Food Management Activity Lifestyle Adjustment	Food Management Activity Lifestyle Adjustment	Food Management Activity Lifestyle Adjustment	Food Management Activity	Food Management	Food Management	Food Management	Food Management
Basic Approach	6-11 servings of bread, cereal, rice and pasta 3-5 servings of vegetables 2-4 servings of fruit 2-3 servings of milk, yogurt, and cheese 2-3 servings of meat, poultry, fish, dry beans, eggs, and nuts Use fats, oils, and sweets sparingly. Principle - Limit fat intake to <30%, carbohydrate 45-65%, and protein 10-30% of total calories.	Point value is assigned to food based on calories, serving size, fat and fiber content. Support on line or in person. Activity is emphasized. Principle - Long-term behavior and lifestyle change toward health, food intake and activity.	Uses USDA food guide pyramid. Provides support on line or in person. Begins with pre-packaged meals, transitions to self-prepared meals. Activity is emphasized. Principle - Lifestyle change emphasized toward food intake, activity, and self-awareness.	Lower fat, higher vegetable intake. Originally designed to reverse heart disease. Activity is emphasized. Principle - Long-term behavior and lifestyle change toward food intake and activity.	High complex carbohydrate intake. Activity is discussed. Principle - Focus on reducing the intake of simple carbohydrates (sugar) in daily food. Sugar is eventually stored as fat.	Higher protein lower carbohydrates during initial steps. Complex carbs, fruits, and vegetables reintroduced. Principle - Restrict refined and processed carbs. Increase intake of more lean protein and healthy fats.	Intake focused on low-glycemic index carbs. Portion and calorie control through prepackaged meals. Online or telephone support available. Principle - Food intake management through portion control.	Higher saturated fat and protein, lower carbohydrate intake. Initial phasing period. Gradual increase of carbohydrate intake. Principle - Proteins and fat sources should provide the greatest % of total caloric intake. Easier for meat lovers to follow.	Higher protein, lower simple carb intake. Principle - Balanced Atkins. Prescribed ratio of carbs, fats, and protein. Calorie consumption guidelines.
What Is Not Allowed	No food type is forbidden but fats oils, and sweets are to be eaten sparingly.	No food type is forbidden.	Self-prepared meals initially.	Simple carbs, processed sugar, refined flour, dairy products and meat intake are highly restricted.	Refined sugars and processed grains, potatoes, white bread, rice, pasta, are restricted.	Simple carbs and saturated fats.	Self-prepared meals initially.	Simple carbs and processed sugar. Carbs are highly restricted but not forbidden.	Simple carbs and processed sugar.
Portion Control	Yes, Uses servings to guide intake.	Yes, Calorie & portion size control.	Yes, Through prepared meals.	Yes, Calorie & portion size control.	Yes, 14 day strict phase-in diet plan.	No, But initial 2-week phase is restrictive of intake.	Yes, Through prepared meals.	No, Unlimited amounts of allowed food.	Yes, limited portion size of somewhat fixed meal plans.
Potential Risks	No known long-term risks based on current research.	No known long-term risks based on current research.	No known long-term risks based on current research. Transition to preparing own meals may be difficult.	No known long-term risks based on current research. Healthy unsaturated fats and lean protein sources are restricted.	No known long-term risks based on current research. Some healthy foods are restricted.	No known long-term risks based on current research.	No known long-term risks based on current research. Transition to preparing own meals may be difficult.	Short-term effects of low fiber intake are constipation and abdominal cramps. Long term effects of high fat, high protein, low fiber intake on heart, kidneys, and digestive system are being researched by NIH.	No known long-term risks based on current research. Extreme calorie restrictions can lead to feeling weak/low energy. Those with disease conditions that have complex nutritional demands are cautioned.
Work Involved	Eating fruits and vegetables, limiting sweets, fats and oils.	Peer support meetings, weigh-ins, point system.	Must purchase all the prepared food items. JC center visit may be required.	Requires strong commitment to change and maintain a restrictive intake plan.	Usually requires major change in food intake type.	Progression through initial phase can be challenging.	Must purchase all the prepared food items.	Divided into phases, May be difficult to maintain diet plan long term.	Daily caloric count, portion control, food label awareness.
Approx. Costs & Resources	N/A	Registration \$29.95 Monthly fees \$14.95 Prepared meals are optional.	Weekly fee \$65.00 plus additional membership fees.	No registration or membership fees. Book \$8 ISBN 0804110387	No registration or membership fees. Book \$8 ISBN 00345469585	No registration or membership fees. Book \$8 ISBN 1579546463	Weekly fee \$59.95 plus additional membership fees.	No registration or membership fees. Book \$14 ISBN 0060081597	Zone prepared snacks are optional. Book \$25 ISBN 0060391502